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SEAHAWKS EARN FIRST LOMBARDI TROPHY. PAGE 29

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Rise in African-American homicide is a 'phenomenon'

History and research. Rutgers professor Eric Schneider is analyzing the African-American homicide rate since the 1940s and seeing how this problem can be helped. **Stats.** Philadelphia homicides have been increasing overall, while other cities are decreasing. PAGE 02

YEAR OF THE HORSE

PAGES 04-05

The Chinese New Year celebrations kicked off this past weekend in Chinatown and will continue all this week. / CHARLES MOSTOLLER, METRO

Philip Seymour Hoffman, 1967-2014

PAGE 14

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NEWS

Local tweet

"RIP Philip Seymour Hoffman a truly great actor he will be missed *wipes tear* even though I never met him ..."

At least his movies will last forever, @ItsSeanPurple.

To our readers

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Metro wants to be your Valentine. We're sweetening the deal by giving away a free $50 Visa gift card to one lucky reader. Just like Metro Philadelphia on Facebook and enter our contest before Feb. 14 for a chance to win.

'It bothered me to hear gunshots out my window'

Phenomenon. The total number of African-American victims of homicide is much greater than it used to be in Philadelphia.

A female neighbor was stuffed into a closet at knife point while her house was ransacked. Another neighbor was run over after a car-jacking. But the tipping point came after four juveniles robbed a University of Pennsylvania graduate student and then turned around and shot him to death about a block from Eric Schneider's house in West Philadelphia.

"This was during, like, the crack era," said Schneider, a professor of urban studies at Penn. "So with two little kids, we decided we didn't feel like we wanted to stay."

He picked up his family and moved to Bala Cynwyd. "I didn't mind writing about murder in mayhem in the 1950s," he said. "But it bothered me to hear gunshots out my window at night."

Schneider over the weekend presented a lecture at Rutgers-Camden that examined the homicide rate of African Americans in Philadelphia. Schneider is working on a book detailing the history of homicide in Philadelphia from the 1940s to today.

The numbers are what piqued his curiosity, especially because of what they show. It's not that Philadelphia has gotten that much worse, Schneider added, but other cities' number have gotten much better. Cities like New York have shown massive declines in murder since the 1990s.

"I think the explanation for homicide changes over time," he said.

More recently, though, he can summarize the problem as drugs, guns and jobs. Homicides went up 300 percent between 1965 and 1974 — the same decade in which the city lost 40 percent of its manufacturing jobs.

And while the jobs went away, the hulking factories did not.

"The fact that these buildings were abandoned, sometimes vandalized, it sucks the value out of the nearby row houses," he said. "People own their own homes but were suddenly trapped in place."

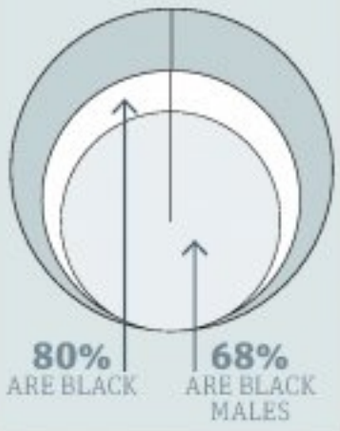
The drug economy then became what he called "the free-market answer."

"And with that comes an increase in the use of guns," he said.

In the 1940s and 1950s, only about 30 percent of homicides were committed with firearms. Today, it's about 85 percent.

Powerful numbers

Of the 10,000 homicide victims over a 25-year period, from 1988-2012:



Quoted

"I wanted to figure out what is the history of this phenomenon and for how long has murder been concentrated among African-Americans."

Schneider

Moving forward

Two glaring issues

Schneider said two fundamental issues must be addressed. The first is inequality.

"[It's] as high as it has ever been in the 20th century," Schneider said.

The second is jobs. "In a globalized economy," he said, "how do you produce meaningful jobs for people who don't have the kinds of skills to work in a knowledge-based economy?"

Those jobs are gone.

"And how we solve that problem with dramatically impact the rates of homicide into the future," he said.

TOMMY ROWAN
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Sit still and get inked

Matt Marcus, owner of Three Kings Tattoo in Brooklyn, gives Chuck Haile a new piece at the Villain Arts Tattoo Convention in Center City on Sunday.

CHARLES MOSTOLLER, METRO

More snow

Snow storm hits today

Just when a lot of the snow melted over the sunny weekend where temperatures reached 50, another four to six inches is expected to hit today in the Philadelphia area, according to officials with the National Weather Service in Mount Holly.

What will start off as rain early this morning will switch over to a light snow.

By around noon, said NWS observing program leader Jim Bunker, "It will be a snow event." METRO

Violent night

Two shot, killed Sunday

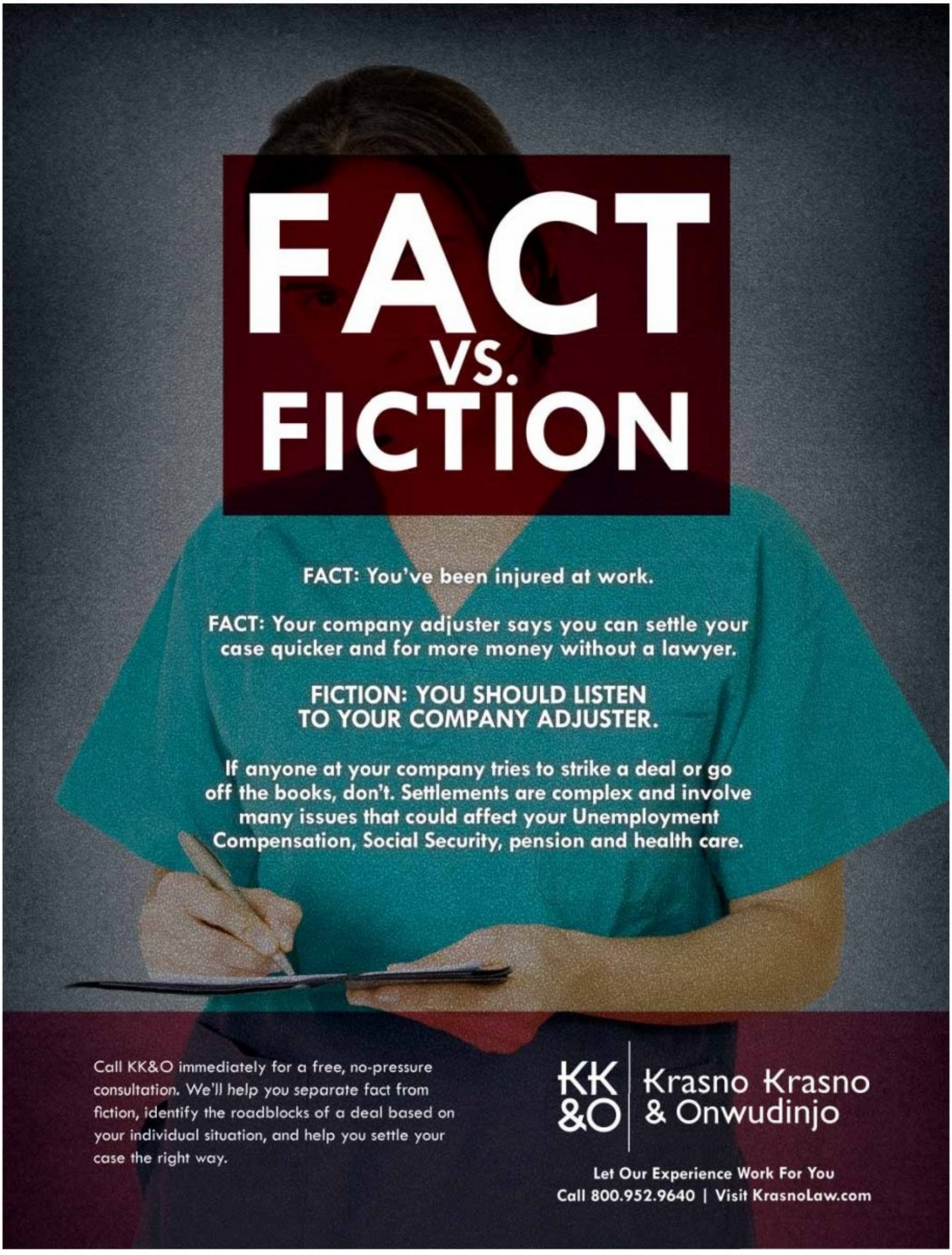
Police reported two shootings an hour apart in West Philadelphia early Sunday that killed two and left two wounded.

Police say Melissa Thomas, 29, was shot and killed after giving up her purse to armed thieves near 53rd and Market streets around 2:30 a.m.

A second female was shot in the arm while running away, police said.

Pierce Johnson, 22, of Berlin, N.J., was shot and killed near 57th Street and Hoffman Avenue around 3:30 a.m.

A second male was shot in the head and was last listed as in critical condition, police said. METRO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Year of the Horse begins in

Dance! The Chinese New Year kicked off in Philly this past weekend with the traditional parade.

According to the traditional Chinese zodiac calendar, 2014 is the Year of the Horse, which means that it is associated with that animal's hardworking spirit.

Equally hardworking are members of the local Chinese community who stepped up to make the Chinese New Year parade, held on Sunday in Chinatown, a sign of good tidings for the future year.

"It's always an exciting time," said Harry Leong, leader of the Philadelphia Suns, who performed their traditional lion dance on Thursday and Sunday.

About 150 to 200 dancers participated along with the Suns in the lion dance — a physically exhausting activity.

"Your legs, your back, your arms — it's about 25 pounds plus the weight of the tail," Leong said of the costume. "You're holding a 25-pound weight up and down, up and down. How many reps can you do?"

Ping-Ho Lee, main street manager of the Chinatown Community Development Center, acknowledged that 2014 celebrations are a bit smaller than in past years due to funding.

Quoted

"It's part of our lifestyle. It's something that, if it were taken away or we were not able to perform, the whole generation of people would just miss that aspect of their lives."

Leong

Chinese New Year celebrations in Philadelphia's Chinatown on Sunday featured fireworks, elaborately costumed lion dances, martial arts and more. / CHARLES MOSTOLLER, METRO

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Chinatown

But Lee still said Philadelphia's Chinese New Year's celebrations are the best around.

"New York's Chinatown is really gigantic, but it's also harder for people to understand where to go," Lee said. "Philly Chinatown is pretty condensed. There are accommodations nearby, hotels, it's just more convenient."

Philadelphia's Chinatown always see a heavy flow of outsiders visiting during New Year's celebrations, Lee said.

Lee mentioned that the beliefs associated with the Chinese lunar calendar even extend to what days of the week are best for certain activities.

"My in-laws are actually looking at the lunar calendar to figure out what's a good day to go out, which is a good day for moving," she said.

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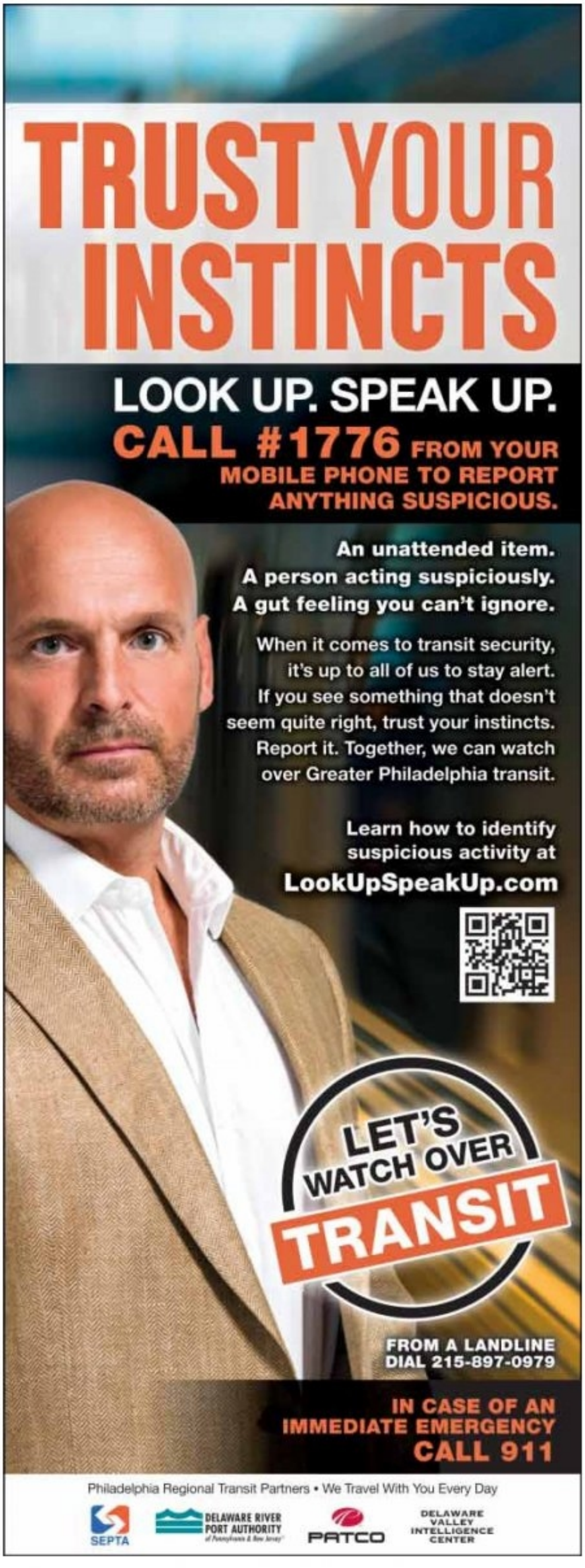
Celebrate

The Chinese New Year is here. Check out the following events around the city these next couple weeks.

- **Buddakan**, Feb. 1-9, is offering a Chinese New Year special. For $14, get three gourmet dumplings.
- **Sampan**, Feb. 4-14, offers a $55-per-person four-course meal. PA Chinese dance club will perform on Feb. 6 and 13.
- **Sang Kee Peking Duck House** is offering a Chinese New Year's banquet on Feb. 5, 6-9 p.m., $55 per person.
- **Lunar New Year party** at International House of Philadelphia on Feb. 7 at 7 p.m. Tickets: $8-$12.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Random Reality

KATHRYN QUIGLEY

KATHRYN QUIGLEY IS A COLUMNIST FOR METRO PHILADELPHIA. SHE TEACHES JOURNALISM AT ROWAN UNIVERSITY. SHE CAN BE REACHED AT KATHRYNSQUIGLEY @ GMAIL.COM. HER OPINIONS ARE HER OWN.

YOUR TEXTING SKILLS ARE GREAT BUT DIAL THOSE DIGITS

Teenagers know how to text. They know how to multi-task — like eating a pizza, playing Xbox and listening to music. But many of them don't know how to hold a business conversation on the phone and this might be hurting their chances for getting a job later on.

I teach journalism at Rowan University and coordinate the student-interns at companies all over the Philadelphia area. They intern at The Philadelphia Inquirer, NBC10, Philadelphia Magazine, Quirk Books, WXTU-radio, WTXF-Fox 29 and many other places.

At each company, they must conduct business on the phone. But this generation of students often lacks the skills for the task. The result is they are nervous at their internships and trepidatious when doing phone interviews for jobs after they graduate.

Quoted

My phone skills served me well throughout my career as a newspaper reporter. But my students are stumbling. They grew up texting and instant messaging. If they want to talk to their friends, they text them.

I grew up in the 1970s and 1980s, with the black rotary phone on the kitchen wall of our house in Tacony practically implanted on my right ear from the time I became a pre-teen. I called my friends constantly, after my parents taught me how to say: "Hello this is Kathryn. Is Anne home?" If I needed information on something, my Mom said: "Call and find out."

My phone skills served me well throughout my career as a newspaper reporter. But my students are stumbling. They grew up texting and instant messaging. If they want to talk to their friends, they text them. They order pizzas online. They email us teachers about class assignments. If their phones ring, they don't answer it and instead text the person later.

The result is many of my student-interns are apprehensive when they first get on the job. They write me weekly logs of their intern experiences and many describe being scared and unsure how to gather information on the phone.

Obviously, the Internet has changed how offices work. But some work is still done on the phone. My students who intern for sports at The Philadelphia Inquirer call coaches to get scores and stats. At South Jersey Magazine, they call local schools to find students who are "Stars of the Week." At WTXF, they call public relations people to get details on upcoming events. But at first, many student-interns don't know how to do these tasks.

So, I am asking parents and guardians out there to work with your children on phone etiquette, skills and manners. Model for them how to make a doctor's appointment, wish an elderly aunt "Happy Birthday" or call the cable company to complain about a bill.

You may need to text your teens to actually get their attention. But the end result will be worth it.

Protest

Pa. senator to oppose Abu-Jamal lawyer's appointment

U.S. Sen. Pat Toomey will join the Fraternal Order of Police Lodge #5 today to protest the appointment of Debo Adegbile as Assistant Attorney General for the Civil Rights Division at the United States Department of Justice.

Toomey's announcement is scheduled for 10:45 a.m.

According to a press release, Toomey will state in "strongest possible terms" his opposition to Adegbile's appointment, due to Adegbile's work as a defense lawyer for Mumia Abu-Jamal, who is on death row after being convicted of murdering police officer Daniel Faulkner in 1981. METRO

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White House: Obama awaits more Keystone reviews, timing unclear

Report. It concluded the pipeline's impact on climate change would not be significant.

Activists march to the U.S. State Department to fight the Keystone XL pipeline in August 2013 in Washington, D.C. / GETTY IMAGES

President Barack Obama still wants to hear from other federal agencies before deciding whether to accept the State Department's finding that the Keystone XL pipeline would have no major impact on climate change, his top aide said on Sunday.

White House Chief of Staff Denis McDonough said Obama would decide once the Environmental Protection Agency, Energy Department and other federal experts offer their assessments of the State Department review, as well as their own analysis.

But McDonough offered no word how soon Obama may rule.

Pressure on Obama to approve the project mounted on Friday with the release of the State Department report.

Appearing on NBC's "Meet the Press" and CBS's "Face the Nation," McDonough said the president's top concern remains the environment, not election-year politics.

The State Department report riled environmentalists, many of whom are part of Obama's liberal base. Yet it delighted the project's backers who include congressional Republicans as well as some of Obama's Democrats up for reelection this November. REUTERS

Project

$5.4B

Backers argue that the State Department's findings should clear the way for prompt approval of a bid by TransCanada Corp. to build the $5.4 billion project, which would transport crude from Alberta's oil sands to refineries on the U.S. Gulf Coast.

Stalled bill

Rep. Ryan says immigration bill 'in doubt' this year

Paul Ryan, a Wisconsin Republican congressman and key player in the immigration reform debate, on Sunday said that it is uncertain whether a broad immigration bill will reach President Barack Obama's desk by the end of the year.

Immigration reform legislation, which the Senate has already passed, has stalled in the Republican-controlled House.

Asked in an interview that aired on ABC's "This Week" if Obama would get a bill to sign this year, Ryan replied: "I really don't know the answer to that question. That's clearly in doubt."

Quoted

"We don't know who's coming and going in this country. We don't have control of our borders." Ryan

Last June, the Senate passed a bill that would provide a path to citizenship for immigrants living in the U.S. illegally and tighten border security.

The bill stalled in the House, and some conservative Republicans in both chambers remain staunchly opposed to offering legal status for millions of adults who live in the U.S. unlawfully.

Ryan said Republicans have made it clear that they will not be forced to compromise with the Senate on a deal and refuse to go to conference committee with the Senate immigration reform bill. REUTERS

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Religious exemption.
Gay-marriage debate takes new twist in Ore.

Oregon voters will likely face two questions about gay marriage when they go to the ballot this year: whether to become the 18th state to let same-sex couples wed, and whether the state should be the first to allow florists, cake-makers and others to refuse to participate in these weddings on religious grounds.

The ballot initiatives set up what some activists have said is the next frontier in the marriage debate — as more states move to extend marriage rights to same-sex couples, those who object on religious grounds want a legal right to opt out. REUTERS

Allegations

Woody Allen's adopted daughter repeats sexual abuse claim in letter

Woody Allen's adopted daughter, Dylan Farrow, on Saturday revisited her sexual abuse claim against the filmmaker in a letter on the website of the New York Times, as she questioned his acclaim in Hollywood.

The revival of the accusation against Allen comes just ahead of this year's Oscar Awards, where the 78-year-old filmmaker is nominated for best original screenplay for his drama "Blue Jasmine," starring Cate Blanchett. REUTERS

No evidence Christie knew of bridge traffic jam, lawmaker says

David Wildstein is the former director of interstate capital projects for the Port Authority. / GETTY IMAGES

Denied. In an email on Saturday, his administration rejected Wildstein's assertion.

New Jersey investigators have no proof Republican Gov. Chris Christie knew at the time about traffic closures at the George Washington Bridge in September, a Democratic lawmaker helping to lead the state probe said.

"Nothing yet implicates the governor directly," state Assemblyman John Wisniewski, who is co-chairing the investigation, said today on "Meet the Press" on NBC. "We don't have any proof right now that the governor said, 'Go and close the lanes.'"

Christie, a possible presidential candidate, is facing slumping poll ratings and questions about his involvement in four days of lane closings that paralyzed traffic onto the bridge that connects Fort Lee, N.J., and New York City.

Alan Zegas, a lawyer for one-time Christie ally David Wildstein said in a Jan. 31 letter that "evidence exists" showing Christie knew about the closures as they occurred. Zegas asked the Port Authority in the letter to pay Wildstein's legal fees and protect the former agency official from any damages arising from civil lawsuits. BLOOMBERG

Quoted

"It's not evidence, it's the suggestion, the tantalizing suggestion, that there may be evidence."

Rudolph Giuliani, former New York mayor
Appearing on the "Face the Nation" program on CBS

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'Who is Cordray?'

US official is heading to 'Jeopardy!'

Richard Cordray, director of the U.S. Consumer Financial Protection Bureau, will appear on "Jeopardy!" on Wednesday, about 27 years after he won $45,303 as a contestant on the show.

He will be part of a Battle of the Decades with former champions as the show celebrates its 30th anniversary.

"Jeopardy!" quizzes contestants about a range of categories from pop culture to science. Participants must answer in the form of a question. REUTERS

THE GAME SHOW
GETTY IMAGES

Mobile provider

AT&T cuts prices for wireless plan

AT&T Inc. on Saturday announced a price cut for customers who share large data plans in its latest attempt to regain ground lost in their market

In what the company called its "best-ever prices," AT&T said a family of four can get unlimited talk and text with 10GB of shared data for $160 a month. The discounts are available to any customer, including small businesses with up to 10 lines, and customers of other carriers who switch to AT&T. REUTERS

NEW AT&T PLANS
GETTY IMAGES

Israeli minister attacks Kerry over boycott warnings

Prime minister. Netanyahu called any attempts to impose a boycott "immoral and unjustified."

U.S. Secretary of State John Kerry is holding a gun to Israel's head in peace talks with the Palestinians by warning it could face international isolation if negotiations failed, a senior Israeli cabinet minister said on Sunday.

The remarks by Strategic Affairs Minister Yuval Steinitz, who is close to Prime Minister Benjamin Netanyahu, followed recent accusations by Israel's defense minister that Kerry was being "messianic" in his pursuit of a peace deal.

Yuval Steinitz / GETTY IMAGES

At a Munich security forum on Saturday, Kerry touched a nerve in Israel by pointing to "an increasing de-legitimization" campaign building up against it internationally and "talk of boycotts" if the Israeli-Palestinian conflict did not end.

"Are we all going to be better with all of that?" asked Kerry, who is seeking a framework deal soon that will set a path toward a final accord on peace and Palestinian statehood.

Steinitz seized on the top U.S. diplomat's remarks as a threat against Israel that would only encourage the Palestinians to harden their positions in the 6-month-old negotiations, which have shown few signs of progress.

"The things ... Kerry said are hurtful, they are unfair and they are intolerable," Steinitz told reporters. REUTERS

Quoted

"Israel cannot be expected to negotiate with a gun to its head when we are discussing the matters which are most critical to our national interests." Steinitz

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North Philadelphia | 22

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Ukraine. President to return, opposition demands change

Ukraine's embattled president Viktor Yanukovich announced he would return to work after four days of sick leave, as protesters filled Kiev's main square on Sunday demanding he give up power.

Opposition leaders, addressing the crowd on their return home from meeting European and U.S. officials, said they hoped for international mediation in negotiations with the government and for constitutional change to limit presidential power.

Calling for a complete change of leadership after weeks of crisis that have divided the country and set the West against Yanukovich's Russian allies, opposition figures who attended a security conference in Munich told supporters they would secure international economic aid if they were able to take power.

On Sunday, a presidential statement said Yanukovich planned to return to work on Monday after an acute respiratory infection. REUTERS

Calling in sick

Yanukovich, who angered opponents in November by spurning a trade pact with the European Union and turning instead to Moscow for financial support, announced on Thursday he was on sick leave and has not been seen in public since.

- Critics saw in that a tactic to deflect pressure for political compromise. On Friday, he signed legislation revoking unpopular new restrictions on protest meetings that has, however, failed to appease opponents who are demanding the release of dozens of people arrested.

French march against government 'family-phobia'

More than 100,000 conservative French marched through Paris and Lyon on Sunday accusing the government of "family-phobia" for legalizing gay marriage and other planned policies they say will harm traditional families. The marchers, expressing frustration with the unpopular left-wing government, denounced new sex equality lessons in schools and urged the government not to legalize medical procedures to help same-sex couples have children. Most were middle-class families, posing no apparent risk of violent confrontation with the police that Interior Minister Manuel Valls had said would be dealt with severely. REUTERS / GETTY IMAGES

Spring thaw

Iran: Talks failure would be 'disaster'

Iran's foreign minister held rare private talks with his U.S. counterpart on Sunday and said it would be a "disaster" if Tehran did not turn a provisional agreement to defuse a decade-old dispute over its nuclear program into a permanent deal.

In a sign of the thawing climate between the Islamic Republic and the West, Iran's Mohammad Javad Zarif said he had held bilateral talks with U.S. Secretary of State John Kerry, as well as with other ministers from the six powers negotiating with Tehran, during a security conference in Munich. His talks looked forward to negotiations starting in Vienna on Feb. 18 when Iran and the six powers will attempt over a period of six months to build on an interim agreement. REUTERS

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Twitter feed

Hollywood's best and brightest mourned on Twitter on the passing of Philip Seymour Hoffman yesterday.

@aaronpaul_8: We lost one of the greats today. Philip Seymour Hoffman RIP my friend. You will be missed always and forever.

@TheEllenShow: Philip Seymour Hoffman was a brilliant, talented man. The news this morning is shocking and sad. My heart goes out to his loved ones.

@evanrachelwood: I am sad on so many levels about the loss of Philip Seymour Hoffman. One of the greats. Losing him this way is absolutely tragic.

Philip Seymour Hoffman dead at 46

"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," said Hoffman's family in a statement. "This is a tragic and sudden loss." / GETTY IMAGES

RIP. One of our great actors has passed, leaving a rich body of work.

What we know so far

- On Sunday, at a little bit before noon, New York City police responded to a 911 call. Upon arrival to a West Village apartment, police found Hoffman unconscious and unresponsive, lying on the bathroom floor. EMS later pronounced him DOA at the scene. A law enforcement official said that it was apparent Hoffman suffered an overdose; the needle was still in the actor's arm. However, an investigation is ongoing by the NYPD. The Medical Examiner's Office will determine the cause of death.
- The actor had battled drug and alcohol addiction but had been sober, reports say, until May 2013 when he relapsed. At first the news was hard to confirm as Hoffman had been the subject of an Internet death hoax as recently as a few days ago.

To the list of those who died while they still had so much more to give us, add Philip Seymour Hoffman. The Academy Award-winning actor of "Boogie Nights," "Almost Famous," "Capote" and "The Master," among many others, was found dead in his apartment Sunday, Feb. 2, of a reported drug overdose. He was 46 years old. He is survived by his partner Mimi O'Donnell and his son Cooper and daughters Tallulah and Willa.

Hoffman, born in Waterloo, N.Y., in 1967, attended NYU's Tisch School of the Arts, where he obtained a BFA in drama. After years of small roles in big films, such as "Scent of a Woman" and "Twister," he got his big break with Paul Thomas Anderson's "Boogie Nights." Playing an awkward boom mic operator with a crush on a porn star (Mark Wahlberg), he instantly became the kind of actor you want to see in everything.

Others felt the same. He was suddenly everywhere: as an ass-kissing personal assistant in "The Big Lebowski;" as a lonely sex addict in Todd Solondz's "Happiness;" even Robin Williams' roommate in "Patch Adams."

Hoffman won his Oscar — and many other awards besides — for "Capote," in which he embodied the author Truman Capote as he investigated the events that would form his book "In Cold Blood."

But the trophy could have easily gone to several other performances. Among those would be his turn in "Almost Famous," in which he nailed the sour charisma of music critic Lester Bangs.

In addition to his extensive film work, he was a prolific theater actor. He scored three Tony nominations, for "True West" in 2000, "Death of a Salesman" in 2012 and last year's mounting of "Long Day's Journey into Night."

There remain two more "Hunger Games" sequels to come, which feature him as Plutarch Heavensbee, plus the John Slattery-directed "God's Pocket," which just played at Sundance. We recommend digging into his back catalogue. Most recommended are his turns in "The Talented Mr. Ripley," "Punch-Drunk Love," "Owning Mahowny," "Charlie Wilson's War," "The Savages" and "Synecdoche, New York."

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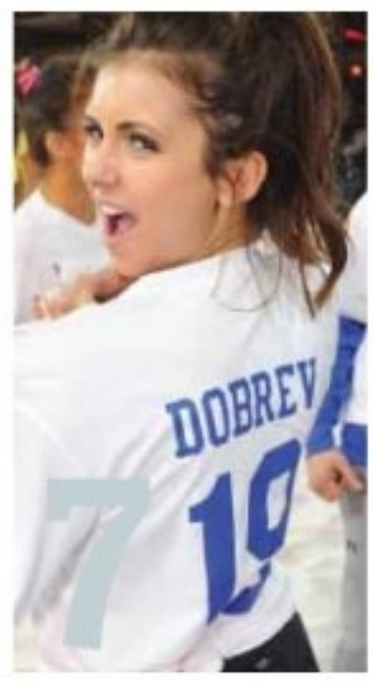
Super Bowl. How celebs spent the weekend



1 **Beyonce** showed her moves while performing at DirecTV Super Saturday Night at Pier 40 in New York City on Feb. 1. And looks like our girl ditched her bob in favor of some longer hair for the occasion.

2 A dapper-looking **Hugh Jackman** gave the thumbs-up at the third annual NFL Honors on Feb. 1 in New York City.

3 **Michael B. Jordan** kept it cool and casual at the GQ Super Bowl Party on Jan. 31 in New York City.

4 **Aaron Paul** was super excited to meet NFL pro **Eli Manning** at the DirecTV Beach Bowl at Pier 40 on Feb. 1 in New York City.

5 **Jamie Foxx** whispered something funny in **Kate Upton**'s ear at DirecTV's Super Saturday Night.

6 **Kendrick Lamar** braved the cold for ESPN The Party on Jan. 31 in New York City.

7 **Nina Dobrev** was showing off her shirt (and behind) to the cameras while participating in the DirecTV Beach Bowl. In that outfit, it doesn't matter if she won or not! GETTY IMAGES

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BOB BALABAN

A bookish actor plays a tough guy hunting down Nazis in "The Monuments Men."

HE'S GOT A GUN

GETTY IMAGES

One of the first things Bob Balaban's Broadway impresario says when tapped to join the lead gang in "The Monuments Men" — tasked to recover stolen art from the Nazis in the twilight of World War II — is, "Would I get to kill anyone? I'd really like to kill somebody." It's an unexpected edge from Balaban, an actor better known for his bookishness in films like "Close Encounters of the Third Kind" and "A Mighty Wind," as well as shows like "Seinfeld." But every actor likes a challenge, he insists.

How did you feel about your character being presented as a somewhat tough guy? Is that new for you?

You know, I never really thought about that part too much. I mostly thought, "Oh my God, I'm going to have to have a gun. What do I do?" So I spent a large amount of time training to use my weapon — which I only use for 13 seconds in the beginning of the movie. We actors always like to do things we're not familiar with.

Have you actually carried a gun in a film before?

I was fired the last time I drew a gun in a movie. [Laughs] I was in a Woody Allen movie where I had a gun. We shot my scene 900 times, and Woody kept saying, "You don't look very dangerous." I went to a screening of the movie and I said to my wife, "See that little house over there? I'm going to come walking out." And the door opened and Wally Shawn came out. I got fired and I didn't even know I was fired.

So Wallace Shawn is more threatening than you with a gun?

Wally was better than I was. When I saw him do it I thought, "No wonder! That's what Woody Allen was talking about."

Don't take this the wrong way, but you're kind of the personification of NPR.

That's funny. It's not a bad thing at all, and I deeply appreciate it. I probably don't really deserve you to think that, in substance anyway, but I do believe in surface and texture that goes well. NPR is right in my casting wheelhouse. I don't get many cowboys.

NED EHRBAR
ned.ehrbar@metro.lu

Awards time

The Academy

This film was supposed to come out in time for Oscar season. How do you feel about the delay?

I think it's a good thing to be delayed, because there's so many good big-, small- and middle-size movies this December. I think when this movie comes out in February there will be a lot more people able to focus on it, be aware of it and go to it than there would've been in December, which was so overcrowded.

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'COME BACK, AFRICA' SLYLY EXPOSES 1950S APARTHEID

Pretty sights

'Mother of George'

The most beautiful film that came out last year, Andrew Dosunmu's hypnotic drama hangs among a Nigerian enclave in Brooklyn, where a new bride ("The Walking Dead"'s Danai Gurira) is struggling to give her barren yet stubborn husband (Isaach De Bankole) a son. But plot takes a deep backseat to a sense of place that's both claustrophobic and inviting.

Danai Gurira / MAGNOLIA

'Come Back, Africa'

Milestone Films
$39.99

The story of "Come Back, Africa" could be the next "Argo": In the late 1950s, American filmmaker Lionel Rogosin went to South Africa. He told officials he simply wanted to make a harmless travelogue. It was a lie: What he really wanted to do was make a damning portrait of Apartheid and reveal it to the rest of the world. When it finally premiered in New York in 1960, the Sharpeville massacre had just killed 69 people.

A follower of Robert Flaherty, the pioneering documentarian of "Nanook of the North," Rogosin borrowed his use of making fiction out of reality. Non-actors play out the story of a young Zulu (Zacharia Mgabi) who travels to Johannesburg to find work, only to get caught up in absurdist bureaucracy: To work he needs a working pass, but he can't get a working pass without work. He drifts from odd jobs, including for racist white Afrikaners, and gets embroiled in the organized crime that has cropped up among the oppressed masses.

"Come Back, Africa" is a polemic, intended to strike a nerve and change the world. But it's more than that. It's as much interested in helping people as it is learning about them. Music becomes a great excuse to halt the narrative. One protracted hang-out sequence begins as a political chat then turns into a showcase for singer Miriam Makeba, who was on the cusp of explosion. The characters aren't mere victims — even with their rights curtailed, they're very much alive.

"Come Back, Africa" was filmed in the late 1950s on the sly in apartheid-era South Africa. / MILESTONE FILMS

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Also out

'Dallas Buyers Club'

Matthew McConaughey will probably win his Oscar for playing a homophobe with AIDS who throws a lot of "Erin Brockovich"-ish tantrums but never much becomes less of a homophobe.

'Jules and Jim'

Francois Truffaut's third feature is a typically conflicted view on love, with two pals (Oskar Werner and Henri Serre) who spend their lives dueling for Jeanne Moreau's affections.

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It was a good day (again)

Box office.
Ice Cube and Kevin Hart score a three-peat win with "Ride Along."

Ice Cube basks in the box-office glory of "Ride Along." / QUANTRELL D. COLBERT

Buddy cop comedy "Ride Along, starring Kevin Hart and Ice Cube, cruised to a third straight weekend at the top of the box office charts, out-earning new release "That Awkward Moment."

"Ride Along" collected $12.3 million in ticket sales over what was a slow Super Bowl weekend at many domestic movie theaters. The film has collected $93 million since its January 17 release.

Second place went to the long-running Disney hit, "Frozen," which earned $9.3 million and benefited from newly added "sing-along" shows, pushing its total since opening in late November to more than $360 million, according to box office tracking firm Rentrak.

"That Awkward Moment" was third with $9 million in ticket sales at U.S. and Canadian theaters from Friday through Sunday. The film stars Zac Efron as one of three friends who pledge to stay single.

Top 5 earners

1. **'Ride Along'** $12.3 million
2. **'Frozen'** $9.3 million
3. **'That Awkward Moment'** $9 million
4. **'The Nut Job'** $7.6 million
5. **'Lone Survivor'** $7.2 million

On the Super Bowl weekend, moviegoers spent about $85 million in the domestic market, which includes theaters in the United States and Canada.

Focus Features, the studio that released the low-budget $8 million film "That Awkward Moment," said it was "designed as counter programming with a target audience of female moviegoers," noting that it "scored best with our primary audience of younger females."

"Labor Day," the other new release this weekend, collected $5.3 million in ticket sales to open in the No. 7 slot. The film, starring Josh Brolin and Kate Winslet, is about an escaped convict who takes refuge in the home of a depressed single mother.

Rounding out the top five, the animated film "The Nut Job" took fourth with sales of $7.6 million, while Mark Wahlberg's Afghanistan war film "Lone Survivor" was fifth with $7.2 million. REUTERS

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At 10 am at 7049 Frankford Ave., Phila., PA 19135
#20 Cecelia Alexander, 301 Josephine Bethea, 406 Jasmine Clark, 1501 Jasmine Clark, 1307 Angie Kesack, 202 LaToya Maldonado, 502 Kimberly Roberson, 1405 Tina Smith, 201 Joann Stricker, 508 Tameka Tucker, 210 Kristie Vankirk, 25 Marie Vasques, 1519 Marie Vasques, 1318 Ciera Walker.

At 10 am at 5440 North 6th Street, Phila., PA 19120
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At 10 am at 5026 Ridge Ave., Phila., PA 19128
#309 Kimberly Crowe, 656 & 665 Douglas Grassinger, 1620 Sandra Letherland, 393 Robert Levant, 429 Dana McLaurin, 492 Cynthia McNeil, #459 Arnold Mickey, 647 Celestine Moore, 469 C. Vance Poussaint, 686 Carletta Robinson, 425 Kendra Simmons, 475 Robbin Stanton, 463 Felix Vidal, 26 & 27 Allen Webb, 478 David Wolf.

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TV watch list

REALITY

'Swamp People'

TV viewers' appetites for reality shows about "Deliverance"-type people hunting animals in backwoods towns cannot be sated! One such show, about two families who hunt alligators in Louisiana, returns for its fifth season tonight. **SEASON PREMIERE, 9 P.M., HIST**

REALITY

'Bad Ink'

Love might not last forever, but tattoos do. That's what the dude featured on tonight's episode learned the hard way — a pesky piece from a previous marriage isn't sitting so well with wife No. 2.
10 P.M., A&E
ALEXANDRA CAVALLO

SPECIAL

'Sports Illustrated Swimsuit: 50 Years of Beautiful'

This is a celebration of women with preternaturally smokin' bods, hosted by Heidi Klum (who we can only assume drinks the blood of virgins with her morning coffee to look like this at 40) and with appearances by Sports Illustrated models past and present including Tyra Banks and Kathy Ireland. **9 P.M., NBC**

It's so not fair that Heidi Klum still looks this hot.
VIVIAN ZINK, NBC

An ambitious take on a sacred theatrical text

Onstage. Theatre Exile takes a calmer approach to Sam Shepard's iconic "True West."

When director Matt Pfeiffer was an undergrad acting major, an older student handed him a VHS copy of the 1984 American Playhouse broadcast of "True West" — a right of passage familiar to many young, brooding male actors in the '90s.

"It was handed to me like a sacred text. It was slipped into your hand, like, 'Hey, go watch this. It'll change your life,'" explains Pfeiffer. "And it sure did. It had a lot to do with shaping what I thought theater could be."

Now Pfeiffer is directing perhaps the most ambitious Philadelphia production of Sam Shepard's modern classic.

Set in 1980, the play centers on a pair of brothers house-sitting for their vacationing mother. One brother, Austin, was invited to do so; Lee invited himself. Austin has built a successful screenwriting career and predictable suburban lifestyle, while Lee has pursued a life of petty crime, drifting and desert philosophizing.

"We all have a good side and a bad side. Most days we're stuck with that. There's no real way to talk about it aloud," says Pfeiffer. "But Shepard has created two characters that I think clearly represent the two halves of his personality. They have to fight it out for supremacy, but of course no one can completely win that battle."

Pfeiffer is aiming for a more a more measured, less chaotic "True West" than the one enshrined by Gary Sinise and John Malkovich in that 1984 recording. So, while there will be a few destructive swings of a golf club, there won't be any need to install Plexiglas to protect the audience, as the Actors Theatre of Louisville did in 2012.

"There's a reckless abandon to the Malkovich and Sinise version which has defined the play for some," says Pfeiffer. "It was wonderful to watch but, looking back, it kind of upstaged the play. I'm more interested in hitting the play a little more squarely."

BRUCE WALSH
letters @metro.us

If you go

'True West'

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Is that sneeze a cold or winter allergies?

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Achoo! Figure out what's afflicting you.

"Typically, you are not going to get a fever with an allergy," Lehach says. / STOCKBYTE

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing — it's just a cold, right? Actually, you might very likely have an allergy, and no, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold — it's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be more of an environmental thing. "Typically, you are not going to get a fever with an allergy. Your mucous can be clearer in color — sometimes when you really get a cold it's green or it's yellow. You don't get body aches with an allergy typically, whereas with a cold you can get some of those things."

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits? "Indoor things like dust mites and mold," Lehach says, adding that she's seen more patients this year than last for a combination of allergies, sinus infections and earaches.

"I think part of it has to do with the craziness of the temperature, where it has been so warm, and so rainy, and so cold, back and forward," she says. "A lot of the mold [and] pollen is still around, which, typically, when it's very cold gets chilled off."

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system gets depressed.

MAJA LUNDAGER
letters@metro.us

Take care

By paying attention to your nasal health, Lehach says you can reduce your risk of catching a wintertime bug. Follow her advice:

- "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face."
- "In terms of breathing, I tell people to get a little gadget for their house and try to keep the humidity in their house around 50 percent. If the air is too dry it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well. For five or six bucks you can get this little gadget that will tell you the humidity in your house and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator that moistens the air."
- "Allergy symptoms benefit from herbs just like colds and the flu. Rootology is an excellent choice for nasal allergy prevention and treatment."

Study

Tanning is on par with tobacco use as a public health threat. STOCKBYTE

Indoor tanning common in Western countries

More than a third of adults in Western countries have been exposed to indoor tanning at some point, according to an analysis of past research.

Based on those exposures, the study authors calculate the number of skin cancers that can be blamed on indoor tanning each year exceeds the number of lung cancers attributed to smoking for the countries studied.

"What we knew is that indoor tanning is linked to skin cancer," Dr. Eleni Linos says. "What we wanted to find out is how common is exposure in the United States and internationally."

Linos is the study's senior author and a dermatologist at the University of California, San Francisco.

The World Health Organization, the American Medical Association and the American Academy of Dermatology have come out against indoor tanning in recent years. In 2009, WHO labeled tanning devices as high-level carcinogens, which puts tanning on par with tobacco use as a public health threat. In 2007, a working group affiliated with WHO found that people who used tanning beds before their 30th birthday were 75 percent more likely to develop melanoma. REUTERS

PLUS

Cold or allergies?

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold — it's probably either a sinus infection or an allergy."
Dr. Joan Lehach

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You have the power to change. / WAVEBREAK MEDIA

3 WAYS TO INSTANTLY LIFT YOUR MOOD

In the midst of busy schedules and managing to-do lists, a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is pissing you off. Whatever the case may be, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

1 Don't try to change the world around you. Just change the way you see it. All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life. Take an inventory of the ways that you project negativity into your life. Maybe you spend hours daily complaining about your boss. Or maybe you constantly obsess over your weight. Whatever you focus on grows — therefore, it's time to shift your focus. Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area of your life.

3 Change your breath pattern. The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into your negative behavior, take a long, deep breath. Your calm and centered energy will support you in positive behavior.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think you do. Take your happiness into your own hands and start consciously changing your mood today.

For a free half-day workshop with Gabrielle, visit www.gabbyb.tv/miracles.

2. Turn your mood upside down

Plow pose

Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can recharge your energy. Most importantly, inversions will lift your spirit. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and endorphins while balancing your hormones.

PLOW POSE
STOCKBYTE

Zen In The City

GABRIELLE BERNSTEIN
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Gabrielle Bernstein is the author of "Spirit Junkie."

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Dan Schawbel is a Gen Y career expert, the founder of Millennial Branding and author of the New York Times best-selling book "Promote Yourself: The New Rules for Career Success."

WORK EARLY AND OFTEN

In a tough economy, students have to start building their careers in high school in order to compete in the college admissions process, for internships and further down the line, for full-time jobs.

In a new study authored by my company and Internships.com entitled "High School Careers," we found that huge numbers of employers are either accepting applications from high school students for internships or plan to in the coming year. We also found that high school students are already taking on internships for the purpose of advancing professionally. Companies know that high school internships can help students get into better colleges; smart high schoolers know an internship can make them more competitive in their college careers and lead to higher-paying jobs.

I had a high school internship during my senior year and the experience changed my life in a few ways. It was an early introduction to workplace dynamics, gave me insight into what I didn't want to do for work later on and gave me the experience that I leveraged to land an internship during my freshman year of college. Here are some tips to get work experience during high school so that you're set up for success in college:

High school isn't too early to get a jump on career achievements — it's just the right time. / COLOURBOX

1 Get good grades and collect references. Our study found that students in good academic standing who have testimonials from teachers have a better chance of landing internships.

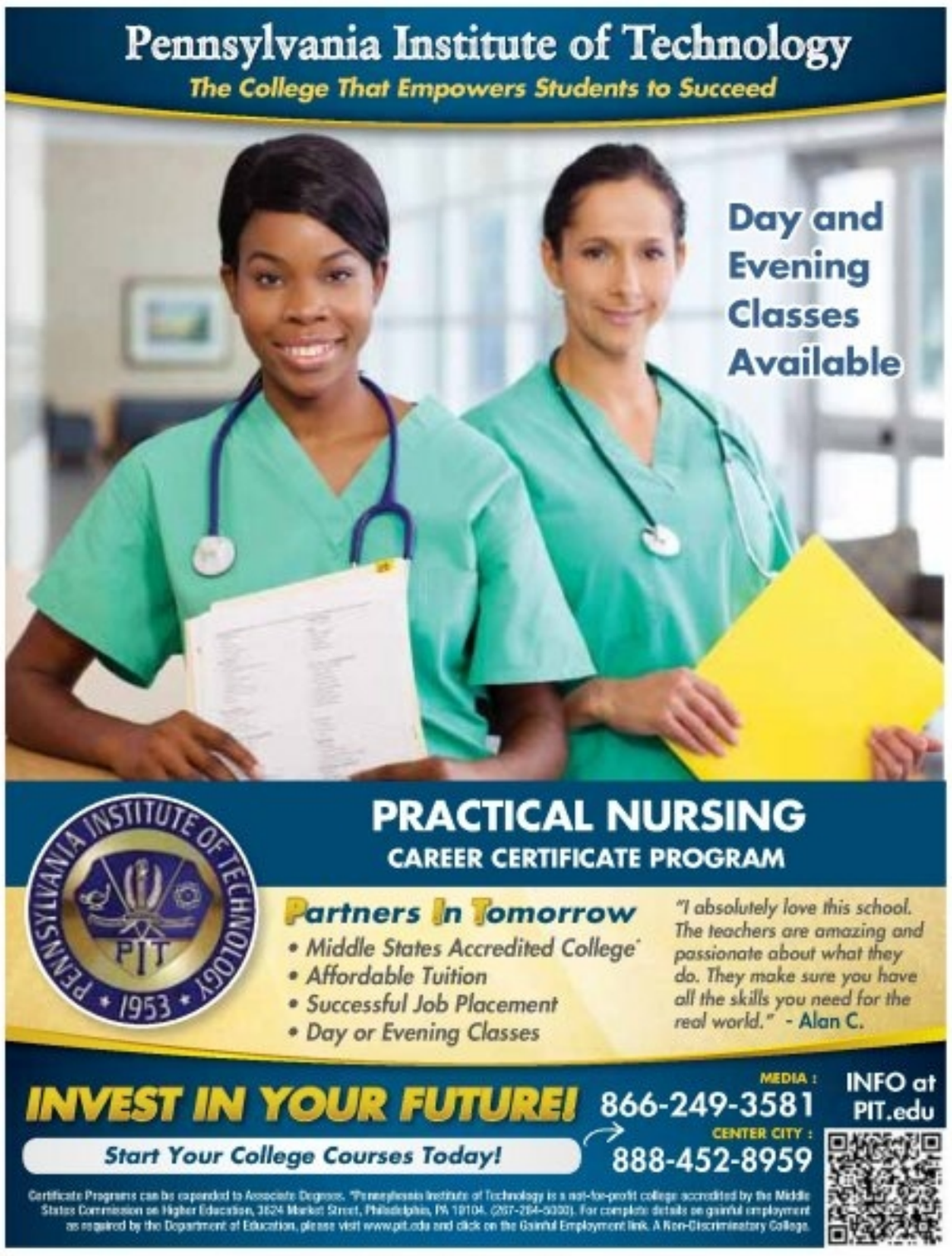
2 Volunteer. Find a local nonprofit and volunteer for them so that you can practice your skills, have some something to put on your résumé and a network that you can use to land future opportunities.

3 Be a social media master. An astounding 73 percent of high school internships focus on social media marketing projects. Learn how to apply the social media skills that come easily to you for real-world success.

4 Work for your parents. Ask your parents if they can either hire you or refer you. Any experience is good experience and it can lead to bigger and better opportunities.

5 Apply for corporate internships. Search for internships through your high school and online, and apply to as many that are a good fit as possible. They will help you get your foot in the door at a company that might eventually hire you.

6 Start your own company. In our study, we found that high school students are actually more entrepreneurial than college students. If you have an idea, don't be afraid to test it out — you're young and can recover by the time you graduate.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EDUCATION TOWARDS EMPLOYMENT

Done today, play tomorrow

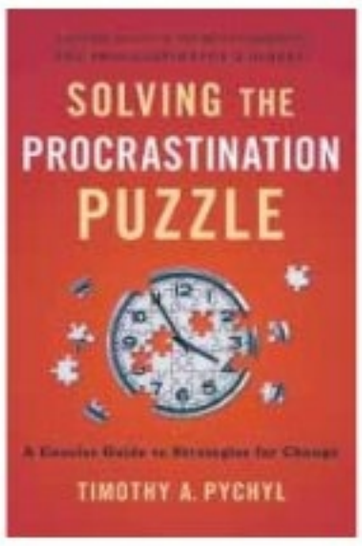
That pile of books isn't going to read itself — dive in and move on.
VICTOSHA2013

On it. Don't fall into the trap of putting things off.

As students immerse themselves in a new semester, it's only a matter of time before all-nighters steadily creep in. It doesn't have to be that way, says Timothy A. Pychyl, Ph.D., author of "Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change."

In fact, the associate professor of psychology at Carleton University in Ottawa says that when students indicate they work well under pressure, experimental evidence says that's actually false. "You think your stuff is good because you're so elated that you finally pulled it off," he explains.

Although students will say they're unable to start pouncing on work until the last minute, Pychyl says binge-studying efforts are "a lot of excuses." The reality, he says, is that when people dig into an assignment, that perception of it "doesn't seem as difficult or stressful and they don't have as much uncertainty."



Immersed in campus life with the semi-monthly workshops he conducts in residences, he points out 95 percent of students procrastinate and the other 5 percent are lying.

Referring to self-discipline and organizational skills to tackle assignments head-on, he says there's a bigger story unfolding. "Procrastination is an existential issue; it's not getting on with life itself. This is not a dress rehearsal."

Not choosing to forge ahead is a choice in itself and as students procrastinate, they have to "wake up and say, 'This is my life, I want to make something of it,'" Pychyl says.

It's easier said than done, of course. The semi-good news? By delaying one crop of assignments, like writing essays, students can be productive by focusing on another task instead.

Putting things off that seem difficult is extremely common and can affect other areas of students' lives. Chronic procrastinators don't exercise as much or eat as well, he says.

Pychyl says that, really, there isn't any upside to putting things off: "We delay every day; that's part of setting priorities," he says.

VICKI SALEMI
letters@metro.us

Advice

Tips to avoid procrastination

Just get started. "It's that precipitous moment of 'I should do this, I should intend to do this' but 'I don't feel like it.' Just get started instead of avoiding. When we have even a little bit of progress on a goal, it fuels our well-being."

Create an implementation intention. Instead of making a broad goal like working on an assignment this weekend, make a specific decision; for example, right after coffee on Saturday morning, I'm going to read the first five pages of that chapter. "Situation X, I will do behavior Y."

Make the work easy. "Preempt that which tempts," says the author. Make the work easy by ensuring all of the assignment materials are readily available and more distracting things aren't easily accessible.

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Future perfect. Who you are online dictates who you will be in your career — so pay attention

Having a good online reputation means thinking twice before posting photos of a night out or an angry rant. Avoid these common mistakes on your path to success online and in real life.

Your online reputation is maintained click by click. Think first.

ALTOPRESS

1 Posting regrettable photos: If you're at a party or a bar, you may want to think before posting the photo of yourself with that flaming shot in your hand. Remember, photos online will tell a story about you — what do you want that story to be?

2 Cross-branding professional/personal profiles: Certain social profiles like LinkedIn can and should be used exclusively as a professional portal for colleagues and potential employers. In those cases, be careful not to add too much personal information or use vulgar language.

3 Being aware of the all-seeing eye: Even in today's modern age, young people seem ignorant of the fact that cameras are virtually everywhere! If you're out in public, chances are there's someone or something recording you, and that footage can easily find its way online.

4 Being hateful or attacking: Vitriol is everywhere online, and much of it comes from young people who are settling into their comfort zone when it comes to free speech and what they are willing to say. Many sites we use to express ourselves are porously connected (for example: Google, Blogspot and Youtube or Facebook, Instagram and Twitter). Young folks often don't realize that a comment they make on one site can be saved and posted to many other avenues where they may not want it.

5 Not understanding time stamps: Did you ever take a sick day from work and then mistakenly post a photo of yourself at Disneyland that same day? Have you ever told someone you were busy as an excuse, only to share a revealing status update just a short time later? Social media is a perfect place for embarrassing fibs. Make sure you're careful — or even better, be honest.

— Source: Reputation Management Consultants

Snap safely

Snapchat can be captured

Young people gravitate to Snapchat because it's an intimate platform where they can be themselves without worrying about curating the perfect image or putting things out there forever. However, it's important to know that images and videos can be duplicated very easily. Use discretion with what you post and who you send it to.

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LinkedIn. A crash course to link up and make it work for you

It takes some time and effort to create a great LinkedIn account, but if you do it right, it will certainly help you in connecting with the right people and getting a job.

Here are some tips on how to set up an effective LinkedIn profile:

Build a network link by link.
COLOURBOX

Sharpen your profile

Choose a photo where you're dressed in business attire and looking spiffy. This is about creating a positive and professional image — think about what message your photo sends about you and whether it fits with your career goals.

Take time to write a clear, concise and compelling summary statement. Tailor it to what your target audience will be interested in knowing about you.

Make it social

Add skills to your profile and actively endorse others for the skills that they possess. This will, in turn, result in others endorsing you. Recommendations function in the same way, so take time to write serious and thoughtful recommendations. That's the only way you can hope for the same. Endorsements and recommendations add to your credibility.

Fine-tune

Customize your profile URL with a specific, shorter URL that looks better and more professional on contact cards and résumés.

When you're done with the big picture, carefully proofread your entire profile. Then, have at least one or two other people look it over. Ask them to give you feedback on whether it is clear and accurate.

Finally, commit to regularly updating and improving your profile. Keeping it fresh is vital.

CLARE TATTERSALL

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See more at www.metro.us

Success means hard work, and hard work gets harder when you're preoccupied with self-judgment. / COLOURBOX

REDEFINING SUCCESS

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bimonthly podcast called "The Broad Experience" about women in the workplace. Listen in at www.metro.us.

The beginning of the year brings plenty of articles on success — attaining it and sustaining it. Depending on your personality, this onslaught of encouragement can bring enthusiasm or despair. There tends to be one dominant version of success in our society, and it's the shiny, "get to the top with all the trappings" version, which can make some of us feel bad or as if we're not doing enough.

Many women, myself included, are self-critical. We expect a lot from ourselves. We go over and above the requirements on every project. Women's leadership coach Kathy Caprino says many of her clients are "perfectionistic over-functioners," doing "more than is necessary and more than is healthy" in their work and home lives.

Those of us who have branched out on our own may wilt when we think a particular entrepreneurial project isn't working. We berate ourselves for not achieving success fast enough and wonder if we should give up.

"Realize that everything we create of meaning and value requires work," says Caprino. "It doesn't fall in your lap." Even if you think you know someone for whom success has happened "overnight," in all likelihood it hasn't.

Another way to think about success, according to mindful leadership coach Emily Bennington, is to re-frame it altogether. After years of trying the corporate ladder approach — basing her success on her title, goals met and how she compared to her colleagues — she burned out. Bennington decided that to be happier at work she had to put less emphasis on outward signs of accomplishment, and "more emphasis on the things I could control."

"What I discovered was the only thing I can control is me: my attitude and how I show up every day," she says.

These days, Bennington's definition of success is whether she's lived by her own set of values. She says when she pulls that off, she tends to achieve what she set out to do. It's not that she doesn't have goals any more — she does — but "you have to be able to detach from them if you want to have any kind of peace in your life."

There are a lot of bumps on the road to a meaningful work life. It's hard not to let others' perceptions of your work or personality derail you at times. Still, perhaps the biggest challenge for some of us is daring to call ourselves successful in the first place.

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Finding the one to help you up

Advisor. Having the right mentor (or two) can be the fastest way up.

It's a truism that having a mentor is important if you want to fast-track your career. An experienced advisor can steer you along a career trajectory, help you navigate professional obstacles and raise your profile closer to those further along in your field. Check out some strategies for finding a great advisor:

Found a mentor?
Great, now keep looking
As professor Suzanne De Janasz of the Swiss business school IMD advises, having more than one mentor is ideal. "Even if you have the smartest mentor in the world," she warns, "one person does not know everything."
Getting a helping hand professionally starts with reaching out.
COLOURBOX

What to look for

Accessibility. The right mentor can help you develop the skills for career success and unlock a whole host of opportunities. It may seem obvious, but a good mentor needs to consistently make time for you in his or her schedule. You'll get more out of a busy advisor if your meetings are structured with an agenda or a list of prepared questions to guide the meeting.

Good listening. Your mentor must seek to understand who you are and what you need before jumping in with advice. Instead of delivering a lecture, the best mentors listen and let you do the thinking.

Confidence booster. In the process of engaging with your mentor, you should work to develop greater self-awareness. Your mentor should help you to see and believe in your own potential while challenging you to reach for your goals.

How to find your mentor

Go back to class. Register yourself in a professional seminar to learn a new skill or sharpen existing ones. While there, connect with industry experts.

Use social media. Find, follow and reach out online to industry leaders on Twitter, Google+, LinkedIn and Quora. This way, you can build a personal learning network. Also, don't forget to join and contribute to groups on LinkedIn. SIDNEYEVE MATRIX

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Horoscope

♒ Aquarius | Jan. 21-Feb 18. If you trust friends with your secrets, you can expect them to blow the whistle. It is best not to depend on others.

♓ Pisces | Feb. 19-March 20. Your energy should be directed into moneymaking ventures. Don't hesitate to look into career opportunities that allow you to learn.

♈ Aries | March 21-April 20. Superiors will appreciate your skills, knowledge and expertise. Network with contacts who will introduce you to people in influential positions.

♉ Taurus | April 21-May 21. Volunteer to raise your profile. Contribute what you can, and don't be shy, but be discreet about personal matters.

♊ Gemini | May 22-June 20. Don't expect to get a bargain. Decisions made in haste will lead to regret. Be cautious while traveling and don't make promises you cannot keep.

♋ Cancer | June 21-July 22. You will gain support if you ask for help. A debate will show your loyalty and make inroads with people you want to get to know.

♌ Leo | July 23-Aug. 22. Travel for business or pleasure in order to make interesting connections. A lasting relationship will develop.

♍ Virgo | Aug. 23-Sept. 22. Love and romance are on the rise, and an interesting development will take place with someone you know through work or extracurricular activities.

♎ Libra | Sept. 23-Oct. 22. Social events will lead to unusual opportunities. Your openness will attract someone who has plenty to offer in return.

♏ Scorpio | Oct. 23-Nov. 21. Look for someone unusual who will inspire you to pursue a lifelong dream. Work with others.

♐ Sagittarius | Nov. 22-Dec. 21. Travel will lead to adventures, but don't be surprised if you end up in debt due to unexpected expenses.

♑ Capricorn | Dec. 22-Jan 20. Domestic problems will surface if you can't get along with the people you live or deal with daily. Listen to any complaints being made.

BERNICE BEDE OSOL

Sudoku: Easy and hard

	6	2	3	1			8	7
		8	7					4
					9		6	
8			4	9			5	
				2				
	4			5	6			8
	7		9					
6					1	3		
9	1			3	5	8	7	

6	5	7		8				
3	9						7	6
		8	2					
	2				5	6	3	
5								8
	3	1	4				2	
					8	3		
9	8						1	5
				9		4	8	2

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Give Congress a taste of its own medicine

Re: 'Don't get greedy for power, Mr. President' (Metro, Jan. 31-Feb. 2)
What the letter writer in Friday's Metro fails to realize is that you have one branch of government that is not working for the people they are paid to serve. Instead, they are holding the country hostage by putting a stop to any kind of legislation that may help the majority of the people in this country.

I say let the president do his executive orders; if they are unconstitutional, the only branch of government that can do something in Washington, the judicial branch, can deal with it. In the meantime, my suggestion for an executive order would be to reduce those six-figure salaries most congressmen and senators make to the current $7.25 an hour that minimum-wage workers get until they accomplish something — or better yet, give them unemployment for six months, since that's what they would be making as private sector employees who accomplish nothing besides ignoring their employers (us).

DANIEL JELKE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

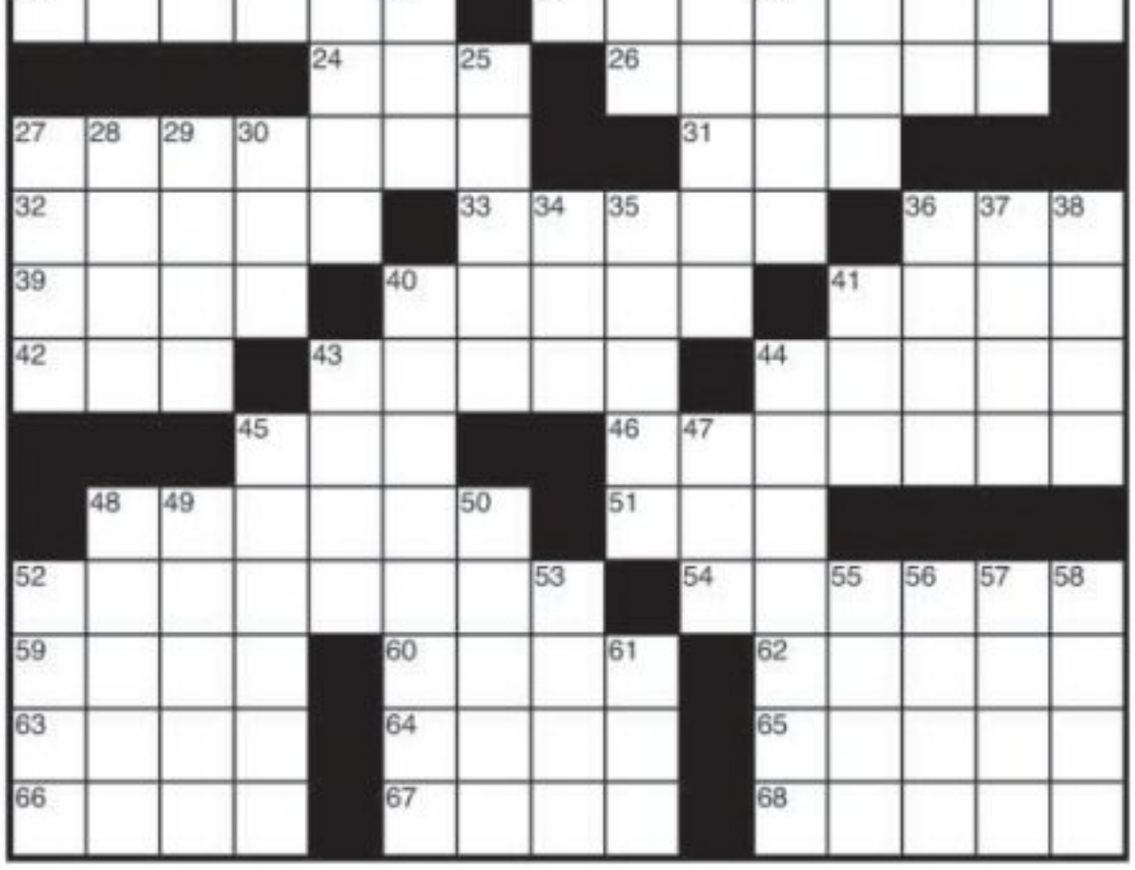
You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

Crossword

Across
1 Why? (2 wds.)
6 In — (as found)
10 Outback mineral
14 Writer -- Jong
15 Poetic time
16 "Fancy" singer
17 Pave over
18 Four Corners state
19 Balance-sheet gurus
20 It has a neck
22 Purple quartz
24 Aah's companion
26 "— the thought!"
27 Cure-all
31 Carried through on
32 Newsstand
33 Adjust the length
36 "Yo!"
39 Spineless
40 Rose pest
41 Thin fog
42 Orange root
43 Secret rendezvous
44 — incognita
45 Walton or Snead
46 Fastest animal
48 River in a waltz
51 Get a move on
52 Defy gravity
54 Fake
59 "Take — — from me"
60 Worn-down pencils
62 Exterior
63 Latin hymn word
64 Designer label
65 Ruffle
66 Pull apart
67 FICA numbers
68 Rash behavior

Down
1 Dagwood's neighbor
2 Two-piece cookie
3 Skater Katarina —
4 Hightail it
5 Rowboat part
6 Dallas sch.
7 Plato's vowel
8 Vagabond
9 Ignored
10 Lei flower
11 Prolific diarist
12 Discomfit
13 Trailing
21 Job-ad letters
23 Make neat
25 Half-woman, half-bird
27 Landscaped rd.
28 Town near Honolulu
29 — Chomsky
30 Set a price
34 Codgers' queries
35 Thumb a ride
36 Rodgers' collaborator
37 Philanthropist -- Cornell
38 Nope opposite
40 Uniform accessories
41 Half a bray
43 Under tension
44 Seriously annoys (2 wds.)
45 Made catty remarks
47 Kind of boots
48 Raison —
49 Of birds
50 Needle cases
52 Place to hibernate
53 Black, to Blake
55 Finnish money
56 Water or tel.
57 Wooded hollow
58 Paris airport
61 Almost grads



Weekend's answer

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SUPER SEAHAWKS

Russell Wilson and the Seahawks stiff-armed the Broncos right off the field Sunday. / GETTY IMAGES

Super Bowl XLVIII. Seattle romped over Denver in one of the most lopsided Super Bowls ever.

Broncos fans will never want to hear the phrase "12 seconds" again.

The Seahawks scored 12 seconds into Super Bowl XLVIII when Denver center Manny Ramirez snapped the ball out of the back of the end zone and 12 seconds into the second half when Percy Harvin returned a kickoff 87 yards for a touchdown.

Both were part of a 43-8 romp to the first Lombardi Trophy in Seahawks franchise history.

Harvin, who was out most of the season following hip surgery, had 45 yards rushing as well.

Not a single Seahawks player had played in a Super Bowl, but they certainly weren't overwhelmed by the moment. Second-year quarterback Russell Wilson threw for 206 yards on 18-of-25 completions.

The inevitable questions of Peyton Manning's legacy won't stop anytime soon after he threw two interceptions — one returned for a touchdown by linebacker Malcolm Smith to make it 22-0 heading into halftime.

Any hope for a comeback was eliminated coming out of the half when Harvin made it 29-0 and Jermaine Kearse caught a 23-yard touchdown with 3:11 left in the third to make it 36-0.

Denver didn't get on the scoreboard until there were three seconds left in the third quarter.

MARK OSBORNE
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Super blowout

The end result was ugly, but it wasn't the most one-sided game in Super Bowl history.

- The biggest win actually came in 1990 when the 49ers beat the Broncos, 55-10.
- Super Bowl games have been very close recently, though. The margin of victory for Seattle was the largest since Dallas also won by 35 in Super Bowl XXVII.

Top commercials

This year's commercials were about as underwhelming as the game, but we broke down some of the top moments between the blowout. Here are our Top 3 commercials you'll be talking about in work Monday — because you certainly won't be talking about that snoozer of a football game.

1 Audi, "Doberhuahua" — Freakish? Cute? Funny? Maybe all three? Seeing the "Doberhuahua," a hybrid between a Doberman and a Chihuahua, was funny. But what was clutch was the cameo by Sarah McLachlan, in a nod to those tear-jerking ASPCA ads. But what does this have to do about selling cars again? Also in the running for top dog was Budweiser's "Puppy Love," which featured an adorable puppy who is almost given away, but gets saved by a Clydesdale.

2 Kia, "Luxury" — Does Kia say luxury to you? Does "The Matrix"? Well, it does to Laurence Fishburne, who reprised his role as Morpheus in this spot. "This is what luxury feels like," he said before climbing into a back seat of a KIA while singing "Nessun Dorma" as other cars blow up around him.

3 Budweiser, "A Hero's Welcome" — What could be more tear-jerking than cancer? A young soldier coming home to his family from Afghanistan, that's what.

3 SPORTS

By the numbers

1979
The last time a Seattle franchise won a title was the NBA's Supersonics in 1979.

40
The Seahawks scored 40 on the Broncos when they beat them 40-10 this preseason.

2-5
The Broncos have an all-time Super Bowl record of 2-5.

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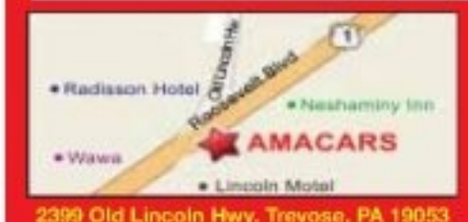

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Phillies Byrd returns to team a solid outfielder

MLB. Just because the Phillies have gotten older doesn't mean they can't still compete.

Marlon Byrd hit .271 during his first stint in Philadelphia. / GETTY IMAGES

It was easy for pundits and fans to accentuate the negative when Marlon Byrd signed on for a second tour of duty with the Phillies in November.

Byrd, 36, is older than Jimmy Rollins, Chase Utley and Carlos Ruiz, who are each 35, and 34-year-old Ryan Howard. He was hit with a 50-game PED suspension in 2012. And he signed a two-year $16 million contract.

A common question from the frustrated fan base: Why did the Phillies sign an old, relatively expensive player, who has taken performance-enhancing drugs?

"There are two big reasons," a National League scout said. "Byrd is great at hitting left-handed pitchers and it's not a lengthy deal."

Exactly. It was wise for the Phillies not to commit to a long-term deal with an expensive left-handed bat, such as Jacoby Ellsbury or Shin-Soo Choo. The damage Byrd has done to southpaws is impossible to ignore. In 2013, he hit a staggering .344 with a .959 OPS against lefties. Only Dustin Pedroia had a higher batting average against left-handed pitchers in 2013.

Byrd will follow up the best season of his career, in which he hit 24 homers with 88 RBIs and 35 doubles, while hitting .291. Will Byrd replicate those numbers? Probably not. But the odds are that he'll be much better than Darin Ruf in the lineup and in right field. Ruf struggled mightily against southpaws, only hitting an anemic .197 against them, and the doughy Nebraskan is unpolished in the outfield, while the sculpted Byrd is a strong corner outfielder, who believes he can actually top the finest season of his career.

"I'll be better than last year," Byrd said. "I worked very hard on my new mechanics."

It wasn't a difficult decision for Byrd to return to Philadelphia.

"I continued following the Phillies after I left and I stayed in touch with my friends here," Byrd said. "I was so excited when they ... were making their run [in 2008]. I came to games and was waving my towel like a fan."

ED CONDRAN
sports@metro.us

Byrd is the word

Marlon Byrd, aside from his time in red pinstripes nine years ago, has ties to the current Phillies squad.

- When Byrd retires perhaps he can become a scout. During the 2008 World Series, he texted Jimmy Rollins to let him know that Rays starter Matt Garza was tipping his pitches. "When Garza's glove goes straight up, it's a fastball; when he tilts it, it's a slider," Byrd said. Rollins went 2-3 against Garza.
- Byrd played on six teams after being traded to Washington in 2005. "All that matters is I'm back."
- Bobby Abreu is also back, at least for spring training. "He's one of the best guys you'll ever meet," Byrd said. "When I was struggling, he took me under his wing."
- Byrd also rejoins former teammates Rollins, Ryan Howard and Chase Utley from the 2005 Phillies.

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The Flyers have just three games remaining before the Olympics halt NHL games for two weeks. / GETTY IMAGES

Flyers finish road trip at 'Shark Tank'

NHL. The Flyers can leave California with a 2-1 record if they defeat the Sharks at 10:30 tonight.

Claude Giroux is red hot and the Flyers are looking like themselves once again. That's good news as they head into the finale to a short road trip in California, playing San Jose on Monday.

Giroux has compiled four goals and four assists in the last six contests for the Flyers, and goaltender Steve Mason posted his second shutout in three games in a 2-0 win over the Kings on Saturday.

The Flyers have also scored a power-play goal in six consecutive games and look to be heading toward the Olympic break — which starts Saturday after the Flyers play the Flames — on a very positive note.

"I like the battle," Flyers head coach Craig Berube said on the team's official website. "I like the competitiveness of the team right now."

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City Six hoops breakdown

As February begins, local basketball teams start thinking about their tournament chances. Here is a look at the weekend for city hoops squads.

- **Villanova 90, Temple 74** — The Wildcats clinched a Big 5 title, a perfect 4-0 mark over the lowly Owls, Saturday. Temple (6-14) kept it a game into the second half before the No. 9 Big East squad broke things open. James Bell led Villanova (19-2) with 19 points while Temple's Will Cummings dropped 24 to lead all scorers.
- **St. Joseph's 73, UMass 68** — Right in the thick of things in the A-10, St. Joes picked up a key victory over No. 21 UMass Saturday, notching a quality win and moving into a tie for third in the conference.
- **La Salle 71, Duquesne 63** — Steve Zack posted a double-double in Saturday's A-10 showdown with 16 points and 16 rebounds to help lift the Explorers to 12-9 on the year.
- **Harvard 80, Penn 50** — The Quakers continued to slide against a talented Crimson squad in a 30-point loss Saturday, dropping Penn to 4-13 this season.
- **Towson 75, Drexel 73** — Drexel lost its fourth game in six tries in a heartbreaker to Towson in a Colonial Conference battle Saturday.

EVAN MACY

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2012 NISSAN ALTIMA — $0 Down** — CD, Auxiliary MP3 Input, 6 Speakers, Phone Telematics, Interior Air Filtration, Cruise Control, A/C, 12V Power Outlets, Split-Folding Rear Seat — $9900 — $199/Month
2008 BUICK LUCERNE CXL — $0 Down** — Power Windows, Power Steering, Power Locks, CD, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Satellite Radio, Cruise Control — $9900 — $199/Month
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2006 BMW 525i — $0 Down** — CD, 10 Speakers, 2 Subwoofers, Bluetooth, Sunroof, Alloy Wheels, Dual Climate Control, Cruise Control, Leather, Power Everything — $11,900 — $249/Month
2003 BMW 745LI — $0 Down** — LOW MILES, Navigation, CD, Subwoofer, 180 Watt Stereo, Hands Free Phone, Leather, Sunroof, Alloy Wheels, All Season Tires — $11,900 — $249/Month
2007 BMW X3 — $0 Down** — CD/MP3, Phone Telematics, Roof Rack, Sunroof, Alloy Wheels, 8 Speakers, 2 Subwoofers, Charcoal Air Filter, Cruise Control — $11,900 — $249/Month
2009 TOYOTA RAV4 SPORT — 49k Miles — CD/MP3, Roof Rack, Privacy Glass, Alloy Wheels, Bluetooth, USB Connection, Dual Climate Control, Cruise Control — $13,900 — $279/Month
2006 LEXUS RX330 AWD — $0 Down** — CD, 132 Watt Stereo, Privacy Glass, Alloy Wheels, Dual Climate Controls, Cruise Control, Universal Remote Transmitte — $13,900 — $279/Month
2009 MINI COOPER S — $0 Down** — CD/MP3, Phone Telematics, Alloy Wheels, Run Flat Tires, Split Folding Rear Seat, Interior Air Filtration, Climate Control — $13,900 — $279/Month
2010 FORD EXPLORER XLT — $0 Down** — CD/MP3, 80 Watt Stereo, Privacy Glass, Roof Rack, Alloy Wheels, Cruise Control, Climate Control, Sport Seats, All Power — $16,900 — $309/Month
2008 MERCEDES GL450 — $0 Down** — CD/MP3, TeleAid, Roof Rack,Privacy Glass, Alloy Wheels, All Season Tires, Dual Climate Control, Cruise Control, Remote Transmitter, Leather — $22,900 — $399/Month
2013 MERCEDES GLK 350 4MATIC — 10k Miles — 19in Wheels, CD/MP3, Memory Card Slot, USB Port, Bluetooth, Dual Climate Control, Roof Rack, Privacy Glass, Leather, Cruise Control, AWD — $36,900 — $599/Month

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Former Temple star brings Christmas back to Philly

NBA. Dionte Christmas returned to Philadelphia for the first time as a pro basketball player last week.

There were countless moments when Dionte Christmas would stare at the ceiling and wonder if he would ever realize his dream of playing in the NBA.

Those moments took place thousands of miles away from home in places like the Czech Republic and Russia.

But his family and extended family would never let Christmas stop pursuing that dream. Ever since he was a little boy playing basketball on the playgrounds, he had aspirations of donning an NBA uniform.

Even when times were tough, Christmas wouldn't stop working. He couldn't stop working. He had come too far and worked too hard to stop.

"My last stop in Russia was freezing, negative 20 [degrees] every day," Christmas said. "I went weeks without seeing the sunshine. This can't be life. Everything worked out. I'm so blessed."

Christmas is a member of the Phoenix Suns and he even has a guaranteed contract for the rest of the season. He doesn't play a lot and didn't play at all in the Suns' 11-point victory over the 76ers on Jan. 27, but that's not the point.

Simply making it to this level means everything to the former star at Samuel Fels High and Temple University.

Christmas scored more than 2,000 points for the Owls, but wasn't selected in the 2009 NBA Draft. So he took his talent overseas and played in the Czech Republic, Greece, Israel, Italy, Turkey and Russia. He came back and played in the NBA Summer League with the Sacramento Kings and Boston Celtics. Christmas was actually signed by the Sixers in '09 but was waived in the preseason.

Playing overseas and in the Summer League was a great experience, but as each year passed it made him wonder if he would ever stick in the NBA.

"Every Summer League, I tried to take bits and pieces from each team and what the coaches had to tell me," Christmas said. "The little things, not taking plays off, things like that. People always watch in the NBA, and that's one thing I notice."

Christmas said he secured 50 to 60 tickets for friends and family at the Wells Fargo Center.

Seeing all those people who helped motivate and guide him made the day that much more special.

"There's not one day that goes by that I don't thank God for blessing me and getting me here," Christmas said.

ANDY JASNER
sports@metro.us

Christmas hustle

"I just try to be that guy to bring a spark off the bench when I get in."
Dionte Christmas, Suns guard

Dionte Christmas played professional basketball in six countries before joining the Suns. / GETTY IMAGES

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Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **2/18/2014 @ 11AM** at the Safeguard Self Storage facility located at **1221 N. Broad Street, Philadelphia, PA 19122.** The personal goods stored in the following units by the following tenant(s):
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0117 Fonya Brown-Murray, 0218 Obi Hardin, 0319 Jacquelyn Blaugh, 1203 Denishia Banks, 2105 Demean Chiles, 2114 Ann L. Childs, 2302 Vivian Alexandria Smeltzer, 3222 Gerald Scott, 3310 Christopher Slack, 4115 Carolyn Perrin, 4202 Kirk R. Woodruff, 4409 Donald Mathis, 4412 Troy Lewis, A4121 Sakoyia M Davis, A4446 Brinda Newton
Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **2/18/14 at 2PM** at the Safeguard Self Storage facility located at **6371 Keystone Street, Philadelphia PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
1503 Robert Schreiber • 2225 Jacqueline Hoeflich • 2237 Nancy Strong
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **FEBRUARY 18, 2014 @ 9:00AM** at the Safeguard Self Storage facility located at 1499 66TH Avenue Phila, PA 19126. The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
 # 1007 Teresa Laucks, # 1117 Rinah Davis, # 1134 James Davis, # 1136 James Davis, # 1303 Leonard Rasheed, # 2229 Theresa Hughes, # 2305 Khadijah Scott, # 2420 Leslie Williams, # 2500 Benjamin Milson, # 3003 Shivonne Richardson, # 3106 Chaurle Dorsey, # 3123 Lawrence Davis, # 3200 Tanya Taylor Vancliff, # 3321 Lakeya Mccutchen, # 3334 John Oliver, # 3348 Rodney Blackwell, # 3419 Fatima Bey, # 3515 Jacqueline Harper, # 3614 Luciana Hughes
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **2/18/14 at 12PM** at the Safeguard Self Storage facility located at **830 E. Hunting Park Ave, Philadelphia, PA 19124.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#2501-Michael J Arias • #1214-Rey Castillo • #3542-Sonia Galarza-Dejesus • #2505-Anthony Goodwin #2305-Carmen Hines • #3519-Antonio Negron • #3417-Melanie Turner • #2129-Vivian Torres
Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **February 18, 2014 @ 10am** at the Safeguard Self Storage facility located at 6224 Germantown Avenue Phila. PA 19144. The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#0289 - Doris Green, #3406 - Allyn McLeod, #3138 - Betty Williams, #2138 - Denise Singleton, #2305 - Cynthia Smith - Butts, #1140 - Nina Lazenbury, #2335 - Jameeka Phillips, #3316 - Karen Smith, #2503 - Philip Smith, #2507 - Jamie Gudknecht, #0225 - Erica Long, #0321 - Cassandra Lee, #0414 - Sean Nelson, #0504 - Rose Anna Watson, #3405 - Stephenece Williams
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **February 18, 2014 @ 3PM** at the Safeguard Self Storage facility located at 1333 Rhawn Street Phila. PA19111 The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#1512-Michael Dolan, #2101-David Guiteras, #1120-Justin Hillman, #2523-Nikerby Noisette, #3214-Evonne Smith, #1601-Kimberly Stephens
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice is hereby given that undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **2/18/14 at 1PM** at the Safeguard Self Storage facility located at **3300 Frankford Ave, Philadelphia PA 19134.** The personal goods stored in the following units by the following tenant(s):
safeguard self storage
Sherman Ancrum 1007, Shanique Nikia Cynthia Wright 1109, Qianta Smith 2423, Mark Horvat 2437, Milagros Angelica Chevere 3208, Rosemarie Brooks 3809, Patricia Popolo 4120, Crystal Kim Santiago 4409, Charles Neary Jr 4709.
Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

Eagles great Humphrey heads to Hall

NFL. Claude Humphrey will be inducted into the Pro Football Hall of Fame.

The Pro Football Hall of Fame will induct 69-year-old Claude Humphrey this year, alongside punter Ray Guy and five modern-era players.

While Derrick Brooks and Walter Jones will enter the Hall in their first year of eligibility, and Michael Strahan, Andre Reed and Aeneas Williams waited relatively short periods of time to be enshrined in Canton, it's been 32 years since Humphrey played his last snap.

The Eagles great was on the ballot for 20 years as a modern-era player but did not make the cut, despite being a finalist three times.

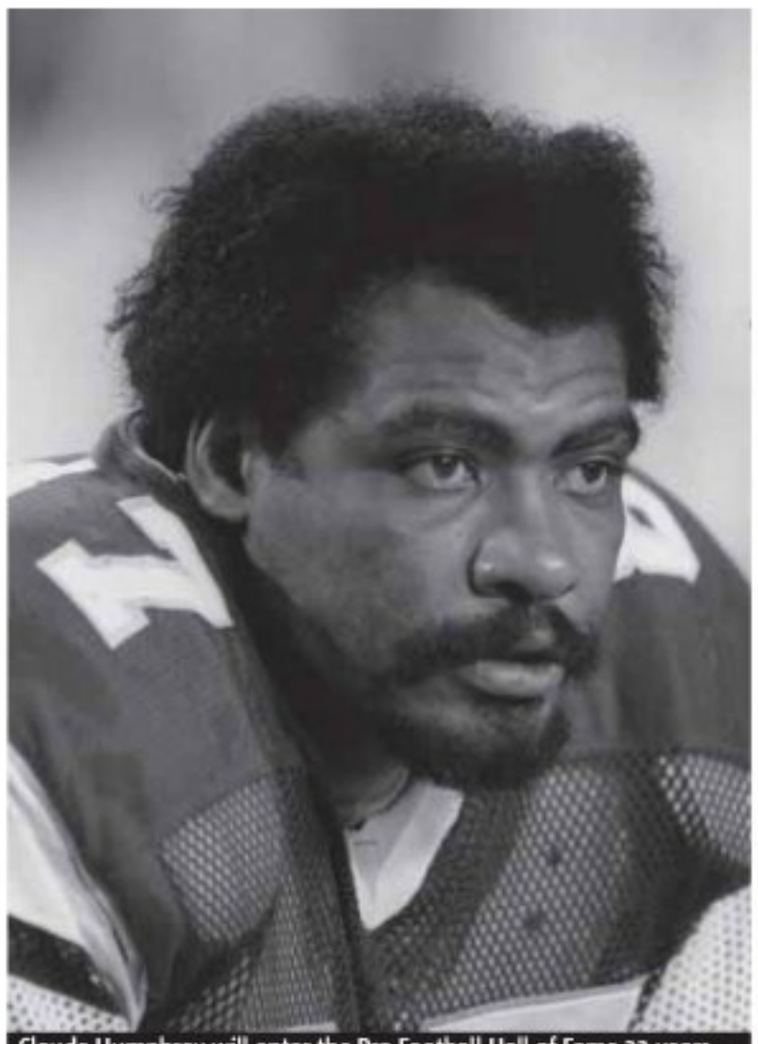
He is the first member of the Eagles' 1980 Super Bowl team to be inducted into the Hall of Fame, and was widely respected as one of the best pass-rushers of his generation. In 1979, his first season in Philly, he collected 10 sacks. The next year, he had 14.5.

EVAN MACY
evan.macy@metro.us

Canton résumé

There weren't nearly as many stats kept back when Claude Humphery antagonized quarterbacks, but here are a few of his accomplishments.

- 1968 AP Defensive Rookie of the Year
- Six time Pro-Bowler
- First Team All-Pro (1972-73)



Claude Humphrey will enter the Pro Football Hall of Fame 32 years after retiring from the Eagles in 1981. / GETTY IMAGES

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Notice DELAWARE VALLEY CHARTER HIGH SCHOOL REQUEST FOR PROPOSALS FOR NETWORKING EQUIPMENT, SERVERS, CABLING, AND VARIOUS TELCO/INTERNET SERVICES
Notice is hereby given that Delaware Valley Charter High School has released Request for Proposals (RFP's) for various networking equipment, servers, distance learning/video conferencing, cabling services and telecommunications, and internet access services. Details are provided within the formal posted RFP's, however the school will accept proposals that include compatible equipment/solutions. Interested respondents must have an E-rate SPIN number and adhere to the RFP response instructions. Complete responses must be received on or before 10 AM E.S.T. on February 6, 2014 addressed to the contact person that is given on the first page of the RFP's.
To obtain a copy of the RFPs visit www.intelafunds.net and go to "Bid Opportunities" or you may find RFP copies on the schools website at www.dvchs.net. Questions regarding this request can be sent to Remy Bibaud at remy@intelogentresources.com or by calling 412-231-1515.

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